



WALKS IN THE SOUTH DOWNS NATIONAL PARK

40 circular day walks including Beachy Head and Seven Sisters

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Guidebook to 40 circular walks throughout the South Downs National Park, exploring the beautiful chalk hills between Eastbourne and Winchester. The walks range from under 5 miles to 11 miles, including Beachy Head, the Seven Sisters and Ditchling Beacon.

The 'blunt, bowheaded, whalebacked Downs' are emphatically not a poor substitute for bigger hills: anyone who loves open space, an unchecked breeze and a long view will find all they need on the South Downs. The walks are accessible all year, but the wild flowers are at their best in the spring. The Downs are steeped in ancient history, and the walks take in hundreds of prehistoric sites.

The South Downs became the tenth National Park in England and Wales in 2011. This book is a guide to some of the most rewarding walks to be had in the South Downs National Park, and is the result of many years spent exploring these lovely hills, valleys and villages.

Key marketing points

- Describes the most rewarding walks to be had in the South Downs National Park
- Contains full 1:50,000 Ordnance Survey mapping for each walk described
- Contains details of transport links, accommodation and car parking

About the author

Kev Reynolds is a freelance writer, photojournalist and lecturer. A prolific compiler of guidebooks, his first title for Cicerone Press (Walks & Climbs in the Pyrenees) appeared in 1978; he has since produced many more titles for the same publisher, with others in the pipeline. A member of the Outdoor Writers' Guild, the Alpine Club and Austrian Alpine Club, his passion for mountains and the countryside remains undiminished after a lifetime's activity, and he regularly travels throughout Britain to share that enthusiasm through his lectures.

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